

Pos	Name	Category	Club	Time
1	Ifan Rhys Richards	MU40	Meirionnydd RC	00:51:17
2	Anthony Smith	MU40	Ambleside AC	00:52:44
3	Martin Cliffe	MU40	Eryri	00:52:59
4	Paul Jones	MO40	Oswestry Olympians	00:53:58
5	Michael Johnson	MO40	Kenilworth	00:54:13
6	Daniel Chan	MU40	Helsby RC	00:54:43
7	Simon Edwards	MU40	Buckley RC	00:56:18
8	Craig Jones	MO40	Eryri	00:57:20
9	Marco Calatafimi	MO40	U/A	00:57:26
10	Jos Jones	MU40	Aberystwyth AC	00:58:48
11	Andrea Rowlands	FU40	Eryri	00:59:10
12	Simon Ford	MU40	Astley Tyldesley RR	00:59:53
13	Glyn Fletcher	MO40	Maldwyn Harriers	01:00:00
14	Lisa Lacon	FU40	Holmfirth	01:00:13
15	Adair Broughton	MU40	Helsby RC	01:00:16
16	Michael Kelly	MO40	Leighton Athletic	01:00:43
17	Timothy Lefsay	MU40	Ludlow Runners	01:01:02
18	Peter Agnew	MU40	Clwydian RR	01:01:14
19	John Adair	MO50	Holmfirth	01:01:22
20	Val Swingler	FO40	Shropshire Shufflers	01:01:33
21	Stephen Jones	MO40	Clwydian RR	01:01:43
22	Graham Hill	MO40	Calder Valley	01:01:53
23	Anthony Bethell	MO40	Severn	01:02:23
24	Alan Heath	MO40	Clwydian RR	01:02:31
25	Peter Browning	MO50	Clayton Le Moors Harriers	01:02:33
26	Matt Harrison	MU40	U/A	01:02:51
27	Paul Stinton	MU40	Clwydian RR	01:03:11
28	Don Williams	MO60	Eryri	01:03:50
29	Kean Rowlands	MO50	Clwydian RR	01:04:03
30	Paul Connolly	MU40	U/A	01:04:26
31	Martin Cortvriend	MO50	Clwydian RR	01:04:32
32	Garreth Williams	MU40	Cybi	01:04:39
33	Steve Bajic	MO50	Telford Harriers	01:04:46
34	Annie Williams	FO50	Eryri	01:04:52
35	Ross Powell	MO50	WFRA	01:04:54
36	Richard Boone	MO40	Eryri	01:05:00
37	Stephen Purcell	MU40	U/A	01:05:02
38	Chris Wlcox	MO50	Clwydian RR	01:05:31
39	Joanne Moore	FU40	U/A	01:05:35
40	Charles Ashley	MO50	Wrexham AAC	01:05:46
41	David Marham	MO40	Leighton Athletic	01:05:49

42	Glyn Jones	MO40	Maldwyn Harriers	01:05:59
43	Mike Blake	MO60	Eryri	01:06:06
44	Helen Marshall	FU40	Aberystwyth AC	01:06:16
45	John Currie	MO50	Mercia	01:06:41
46	Russell Mapp	MO50	Mercia	01:06:47
47	John Morris	MO60	Buckley RC	01:07:22
48	Sandra Rowlands	FO40	Clwydian RR	01:08:06
49	Gareth Buckley	MU40	Eryri	01:08:13
50	Graham Davis	MO40	Colwyn Bay AC	01:08:15
51	Peter Leighton	MO40	Horwich	01:08:18
52	Paul Brown	MO40	U/A	01:08:23
53	Anthony MacDonald	MU40	U/A	01:08:33
54	Andy Robinson	MO50	Helsby RC	01:08:42
55	Paul Donoghue	MO40	Buckley RC	01:09:00
56	John Morgan	MU40	Vegan Runners UK	01:09:06
57	Nigel Rowlands	MO40	Clwydian RR	01:09:32
58	Emyr Davies	MO60	Eryri	01:10:12
59	Andrea Vaughan	FO40	Merionnydd RC	01:10:34
60	Stephanie Davenport	FU40	U/A	01:10:42
61	Celia Mills	FO40	Calder Valley	01:10:51
62	Steve Broadfoot	MO40	Northern Vets	01:10:58
63	Duncan Jones	MO50	Denbigh Harriers	01:11:04
64	Colin Williamson	MO60	Shropshire Shufflers	01:11:14
65	Richard Green	MU40	Pensby Runners	01:11:30
66	Phil Gillard	MO40	Helsby RC	01:11:41
67	Dawn Urquhart	FU40	Buckley RC	01:11:50
68	Chris Higgins	MO50	Buckley	01:12:36
69	Jane Ash	FU40	Helsby RC	01:12:39
70	Wendy Trimble	FU40	Eryri	01:12:44
71	Martin Potter	MO60	Clwydian RR	01:12:54
72	W. Darby	MO50	Penny Lane Striders	01:13:17
73	Nigel Crompton	MO40	Pensby Runners	01:13:34
74	David Pinnington	MO40	Penny Lane Striders	01:13:38
75	Nefyn Williams	MO40	U/A	01:13:48
76	Linda Jones	FO40	Aberystwyth AC	01:15:17
77	Pat Peers	FO40	Pensby Runners	01:15:37
78	Alex Johnson	MU40	U/A	01:15:55
79	Chris Edwards	MU40	Dark Peak FR	01:16:36
80	Richard Paddock	MO50	Shropshire Shufflers	01:16:45
81	Jay Grigson	MU40	U/A	01:17:00
82	Ellie Salisbury	FO40	Eryri	01:17:11
83	Tony Man	MO40	Penny Lane Striders	01:17:30
84	John Nightingale	MU40	U/A	01:18:08
85	Philip Jones	MO60	Prestatyn RC	01:18:18

86	Michael Purcell	MO60	U/A	01:18:45
87	Carol Sharratt	FO50	Hatton Darts	01:18:51
88	Alexandra Fletcher	FU40	Eryri	01:19:01
89	Roy Fisher	MO50	Pensby Runners	01:20:12
90	Richard Davies	MO40	U/A	01:20:23
91	Christopher Hatton	MO50	Helsby RC	01:20:39
92	Margaret Oliver	FO60	Eryri	01:21:58
93	John Keyworth	MO50	Pensby Runners	01:22:13
94	Andrew Evans	MU40	U/A	01:26:31
95	Andy Smith	MO40	Helsby RC	01:27:56
96	Lesley Keyworth	FO50	Pensby Runners	01:28:51
97	Barrie Jackson	MO70	Meirionnydd RC	01:29:16
98	Gill Darby	FO40	Penny Lane Striders	01:29:21
99	Dave Peers	MO50	Pensby Runners	01:29:27
100	Susan Ridings	FO50	Clwydian RR	01:30:00
101	Allan Bourne	M070	Staffordshire Moorlands	01:35:57
102	Mick Edwards	MO60	U/A	01:38:57
103	Robbie Webster	MO70	Helsby RC	01:39:07
104	Catherine Lancaster	FO40	Pensby Runners	01:39:39